



## PROGRAMME TERM 4 2017 - Monday 9 October to Thursday 15 December

### SPEAKERS UNLIMITED

#### THE JEWEL OF MUSCAT - Tom Vosmer Code AS1

Based on a rich archaeological find in Indonesia, a project was launched to reconstruct a fabulous 9th-century Arab sailing ship – with planks joined by coconut cordage and frames lashed into the hull shell. Not one nail. She was then sailed 6000 kms from The Sultanate of Oman to Singapore. Tom Vosmer was involved in the archaeological research and was then the construction director. He describes elements of the fabulous cargo discovered in the wreck, the archaeological research, and the vessel's design and construction.

Tuesday 10 October, 10-11am. \$12 / \$8

#### MEDICINE: A fork in the road?

Dr Charles Oxnard AS2

Medical research has led to innovations, possibilities and ideas that take us to new frontiers. Many will be extremely beneficial, while the need for, and indeed the wisdom of, others is less clear-cut. Charles Oxnard, senior honorary research fellow at UWA, discusses the breakthroughs and the dangers.

Thursday 12 October, 1.30-2.30pm. \$12 / \$8

#### ASYLUM SEEKER HELP - Joanna Josephs AS3

You're keen to help but not sure how? CARAD, the Coalition for Refugees, Asylum Seekers and Detainees, offers a variety of ways to assist asylum-seekers. You might visit detainees, or help kids in the community with their homework, or adults with English conversation, or volunteer in the CARAD office. Get some ideas as to where you might fit, and take the next step.

Monday 16 October, 10-11am. \$12 / \$8

#### ELECTIONS THAT MADE HISTORY

Martin Drum AS4

When Gough Whitlam persuaded many of us in 1972 that it was time for change, he ushered in the age of modern political campaigning. Australian history has been shaped by powerful and dramatic electoral moments, and Martin Drum, Notre Dame's political analyst, explores the elections that made history.

Tuesday 17 October, 10-11am. \$12 / \$8

#### MAKING LIFE COMFY - Richard Offen AS5

In the early days of settlement our pioneers suffered an acute shortage of labour for the construction of infrastructure like roads and bridges, and a lack of capital investment to boot. Richard Offen from Heritage Perth traces our slow evolution from a campsite to a thriving state with all mod cons.

Friday 20 October, 10-11am. \$12 / \$8

#### FUKUSHIMA & OUR OCEANS

Pere Masque AS6

It's five years since the Tōhoku earthquake and tsunami at the Fukushima Dai-ichi nuclear power plant in Japan. One of the world's worst nuclear disasters, it led to a massive release of radioactive materials into the ocean. What has happened to that material and how has it affected the world's oceans? Pere Masque is the first ECU Professorial Research Fellow and has a special interest in environmental processes in our oceans.

Tuesday 24 October, 10-11am. \$12 / \$8

### ENROLMENTS

begin Wednesday 4 October

8.30am-3pm OR book online from 10am

[www.glydein.org.au](http://www.glydein.org.au)

#### THE PIANO'S STORY - Geoffrey Lancaster AS7

Take an aural journey through the history and development of the piano. Along the way, discover why Geoffrey Lancaster, performer and WAAPA Professor, believes it to be the most life-enhancing instrument of all. Travel from late 17th-century Italy to America at the end of the 20th on a journey filled with wonder, beauty and joy.

Friday 27 October, 10-11am. \$12 / \$8

#### CO-LIVING: Paving the way - Meriam Salama AS8

We take a closer look with Meriam Salama, architect and advocate of co-living. Living together can provide better affordability, less isolation and a better quality of life, she says. And the details are crucial. In this her second talk, Meriam will focus on types of entry and exit agreements, guidelines for a healthy community life, and planning and development issues. Newcomers are welcome.

Monday 30 October, 9.30am-12noon. \$20 / \$16.

#### HAPPY SPINE - Dr Janene Troy AS9

Good spinal health means good balance and posture, and pain-free movement. Learn what happens to your spine with age, and about common spinal conditions in older adults. And take away five exercises to keep you flexible and more spritely, with chiropractor Janene Troy.

Wednesday 1 November, 2-3pm. \$12 / \$8

#### JAPAN & AUSTRALIA - Rikki Kersten AS10

Australia recently considered a \$50b contract with Japan to build our 'future submarine' fleet. The bid's failure revealed dissonant assumptions between the countries. At about the same time it became clear that expectations differed also on our relationship: Japan sources heralded a 'quasi alliance' with us as evidence of a more independent security policy for Japan, while Australian analysts warned of being 'locked in to an alliance with Japan'. Dean of the School of Arts and specialist in Japanese Politics Rikki Kersten says we need to understand and address these dissonances.

Friday 3 November, 10-11am. \$12 / \$8

### Bring and tell

Sue Brown & friends

Several Glyde-In members will bring a precious possession and tell its unusual story. From a hat to a piece of furniture, each object has special meaning and a tale that will charm you.

Monday 6 November, 10-11.30am.

\$12 / \$8 Code AS11

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Please try to be seated before a talk or course begins to avoid disturbing the speaker and other patrons. As parking nearby can be difficult you may need to allow a few extra minutes to walk to the centre.

**CHILD MIGRANTS & FORGOTTEN AUSTRALIANS**

Jan Newman, Ron Love and Ann McVeigh AS12  
 Tuart Place is Freo's touchstone for former child migrants, 'Forgotten Australians' and members of the Stolen Generation. It helps people find records of their own childhood spent in out-of-home care. They can reconnect, reflect and share their stories, and access legal advice and counselling. Social worker Jan Newman and Tuart Place participants Ron Love and Ann McVeigh describe the work to resurrect the stories and promote the well-being of people who as kids were raised away from their families.  
 Thursday 9 November, 2-3pm. \$12 / \$8

**JOURNALISM, true or false**

Mignon Shardlow AS13  
 The media colours the way we see, and indeed form, our world. As journalists report and interpret events they effectively create our history. Who foots the bills, and who will do so when the digital disruption to the media has cut out the need for paid advertising? Will public-interest enquiry give way to fake journalism and alternative facts? Mignon Shardlow, journalist turned academic and now senior lecturer in media at Notre Dame, follows closely the changes in our press world.  
 Friday 10 November, 10-11am. \$12 / \$8

**NATIONAL SECURITY & DEFENCE**

Dr Alexey D Muraviev AS14  
 Over three sessions strategic affairs analyst Alexey Muraviev helps us consider, against a global background, Australia's foremost security concerns and our defence capabilities. We'll

look at the potential for home-grown and external terrorism; the costly modernisation of our defence force and the prospects of conflict in the Asia Pacific; the rapidly-changing global order and Russia's current role and place in the international system. Alexey Muraviev is Head of Department of Social Sciences and Security Studies at Curtin University and a leading national security expert.

3 Mondays, 13 – 27 November, 10-11am. \$24 / \$19

**BANJO PATTERSON**

Jono Farmer, David Broadfoot AS15  
 No one has captured the spirit of the bush and early 20th century Australia quite like Andrew Barton (Banjo) Patterson. His endearing characters come alive through his ballads and prose. Let's go back in time and meet some of these characters and their exploits in this interactive story-telling session embracing the poet, his way of life and the period.  
 Wednesday 15 November, 1.30-3pm. \$12 / \$8

**SPOT A SCAM - Lorenz Wuthrich AS16**

It takes good skill or bad experience to recognise a scam, whether it comes by phone, email or a website. Lorenz shows what to watch for, when to duck, and where to go for reports and specialist info. He also offers some useful tips to keep your online shopping risks to a minimum. Note, this is a presentation and not hands-on.  
 2 Thursdays, 16 & 23 November, 1-2pm. \$16 / \$13

**OUR NURSES - Di Twigg AS17**

The role of nurses is ever more complex and challenging. What happens when the things that enable them to keep patients safe are not put in place, for example equipment, policy, staffing levels and skill mix? Professor Di Twigg, Executive Dean of ECU's School of Nursing and Midwifery, describes what does happen, and examine some of the challenges.  
 Tuesday 28 November, 10-11am. \$12 / \$8

**NOT-SO-TRIVIAL PURSUITS**

**YOGA, beginners - Sadhana**

Postures, breath awareness, meditation and relaxation. All ages welcome. Reduce stress and tension and learn simple techniques to use at home. Suitable for anyone who can move from standing to floor with relative ease. Wear loose comfy clothing.  
 11 Fridays, 6 October to 15 December, 4-5.15pm.  
 \$110 / \$88. Code BN1  
 OR 11 Fridays, 6 October to 15 December, 5.30-6.30pm.  
 \$88 / \$70. Code BN2  
 OR 7 Saturdays, 7 October - 18 November, 8-9.15am  
 with Marianna Garaboni. \$70 / \$56 Code BN3

**YOGA for men - Sadhana**

An introduction to hatha yoga, gentle yet subtly challenging. It's for fit and not-so-fit men, so wear loose comfy clothes and prepare to relax, stretch and fortify. Improve your balance, your breathing and posture as you develop strength and flexibility.  
 4 Thursdays, 19 October to 9 November,  
 3.30-4.30pm. \$32 / \$26 Code BN34

**GUITAR, ABSOLUTE BEGINNERS - Steve Coleman BN5**

Learn to strum a few basic chords and then how to string them together to play a few tunes. You'll be amazed how far three chords will get you. Then we'll add more. No notes or theory to worry about in this stress-free small group. You will need an acoustic guitar. A nylon string classical guitar is easier on the fingertips, but if you have a steel string guitar then that's ok too.  
 4 Wednesdays, 11 October – 1 November, 11am-12noon.  
 \$32 / \$26

**EMOTIONAL INTELLIGENCE**

Maryke Botes BN6  
 Become more mindful so that you can choose how you see and react in any situation. Change your 'response-map' and you change how you see, hear, feel and behave in the world. Emotional intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how your emotions affect people around you. It also involves your perception of others: understanding how they feel allows you to manage your relationships more effectively.  
 3 Thursdays, 12-26 October, 9.30-11.30am. \$48 / \$38

**RITUALS OF CHRISTIANITY - Ruperto Nunez BN7**

The Greeks had their stories and we call them myths. However theirs are not the only stories and rituals we have inherited. Christianity has Christmas, Easter, God and Satan, the Passion. To a greater or lesser degree they are part of our lives. This is an invitation to look at these 'myths' with new eyes, from a person who has tried to come to terms with 14 years of religious education (Presbyterian, Carmelite and Marist) and a life of questioning, and who considers himself a 'Catholic atheist'.  
 8 Fridays, 13 October – 1 December, 3.15-5.15pm. \$128 / \$102

**MUSIC THEORY - Rosy Poyser BN8**

Many of those who love singing or playing instruments are self-taught, and reading music remains a mystery. Unlock the secrets of written music; learn to read it and increase your understanding and appreciation – and your musical capacities – by leaps and bounds. You'll need a copy of Dulcie Holland's Master your Theory, Grade 1, \$20 from Crescendo Music Myaree. This will be fun, not dry! Please bring the book, pencil, paper.  
 7 Saturdays, 14 October – 25 November, 3.30-4.30pm.  
 \$56 / \$45

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## BUILDING RESILIENCE - Margaret Wilkes BN9

Let's look at resilience: what it is and why it matters. We need it more than ever nowadays. Psychologist Margaret Wilkes looks at what she has learned about developing and strengthening resilience with insights from Positive Psychology, the scientific study of human flourishing. Bring what you feel has helped your own resilience too, in the face of life's inevitable challenges.  
3 Mondays, 23 October - 6 November, 9.30-11am. \$36 / \$29

## ESSENTIAL OILS - Dorothea Bassett BN10

An oil is 'essential' in the sense that it contains the characteristic fragrance of the plant from which it is derived. Immerse yourself in their clean fragrance as you make creams, room sprays, massage oils and more. There will be a focus on oils for mental and emotional well-being, chemical free household cleaners, and foot reflexology. A luxurious 3 sessions that will solve your Christmas gift list.

3 Wednesdays, 11-25 October, 3-5pm. \$48 / \$38 + \$5 per item, please pay tutor on the day.

## PRESERVING PRECIOUS THINGS - Diane Foster

**Paper-based and digital documents:** Some documents are precious! But they can fade, tear or begin to disintegrate. Learn step by step how to preserve them properly, and feel confident that you can do a good job. Diane is an experienced and knowledgeable archivist, and invites you to bring some documents so you can find the correct method. An invaluable session!

**Photographs:** Photography has changed over the years - slides, negatives, prints, Polaroids and digital images. Learn step by step how to preserve them in all their guises. Bring some of yours and find out how to ensure they won't spoil. We'll also look at framed photos and art works. Diane will provide you with really valuable information. In both sessions a variety of materials will be shown, with a few available for purchase.

There will be short breaks; please bring your lunch.

**Paper:** Tuesday 31 October, 9am-3.30pm.

\$48 / \$38 Code BN11

**Photographs:** Tuesday 7 November, 9am-3.30pm.

\$48 / \$38 Code BN12

## NORDIC WALKING

Dorothea Bassett BN13

Nordic walking combines regular walking with special walking poles, and ensures a full body exercise for all ages. It can be used for recreational walking, rehabilitation and cross-training for athletes. Dorothea, an accredited trainer, explains the benefits, demonstrates the technique and offers you the chance for a quick try-out.

Thursday 2 November, 1-3pm. \$16 / \$13

## MINDFUL MEDITATION

Marianna Garaboni BN14

Meditation can be practised by anyone, without the need to subscribe to any religion or belief. Learn the basics of Mindfulness Meditation, also known as Vipassana or Insight Meditation. You'll learn four techniques to easily integrate into your life. Expect increased awareness, an ability to be present and a more harmonious way to relate to others.

4 Mondays, 6 - 27 November, 6-7pm. \$32 / \$26

## DEEPER CONVERSATIONS

Caroline Harry BN15

'How was your day?' 'What happened at school today?' Do you find yourself asking dull questions and getting empty responses? Meaningful conversations take skill, understanding and wisdom. Caroline Harry helps you release old habits and create real connections. Listen without judgement, explore others' perspectives and ask questions that draw out your fellow interlocutor's innate wisdom, original thoughts and interesting perspectives.

3 Wednesdays, 8 - 22 November, 10am-12noon. \$48 / \$38

## FREE YOUR VOICE - Laksar Burra BN16

Have fun using breath, body and voice to discover the beauty and magic we each have in our speaking voice. Laksar will help free your voice using breathing, easy movements and word visualisation in surprising ways to find your voice centre.

3 Saturdays, 11 - 25 November, 1.30-4.30pm. \$72 / \$58



## BY HAND - Paint, cook, draw, make.....

Don't forget to pick up your materials list if need be.

### KEEP ON PAINTING - Beverly Henderson Code CB1

If your painting feels 'stuck' or you want to push your art to a fresh level, Bev can help. If you've some art experience, no matter how little - in oils, watercolour, pastels - and want to keep developing your skills and your eye, join our friendly ongoing studio group. Tutor Bev will guide you when you want help. Bring your own work.

9 Fridays, 6 October - 1 December, 9am-12noon. \$216 / \$173

### MONO PRINTS - Renata Niderla CB2

Mono printing is spontaneous and fun, and combines printmaking with textural imagery and quick 'painting'. The one-off prints are made by firstly inking blocks of stiff plastic then taking away some of the colour. Use mark-making tools, your fingers, rags, lace, leaves or fabric and then print it onto fabric or paper. Learn about line and composition, colour dynamics and basic drawing techniques.

3 Thursdays 12 - 26 October, 1-4pm. \$72 / \$58 (+\$20 materials).

### FUN WITH COLOUR - Sean Corr CB3

Discover how to mix an astonishing range of shades from just four basics colours. Bring an image - a portrait, landscape, abstract - and by replicating this you will learn simple colour theory skills that will keep you happily painting at home later. Be prepared to use fingers, brushes, spatulas, and to enjoy yourself.

4 Fridays, 27 October - 17 November, 1.30-3.30pm.

\$64 / \$51 + \$6 shared paints, and things to bring

### BATIK, THE GENTLE ART

Leisa Antonio CB4

Experiment with this wonderful Indonesian-inspired wax fabric painting and printing technique. Design your own, then print onto a fabric bag or create a textile wall-hanging.

3 Thursdays, 2 - 16 November, 9.30am-12noon.

\$60 / \$48 + \$40 all materials.

### MOSAIC SCULPTURE

Leisa Antonio CB5

Three-dimensional mosaics! Learn how to construct a base suitable for mosaics, and then cut and adhere your ceramic tesserae to it. Bring your work into the limelight with your sculptural mosaic masterpiece.

3 Thursdays, 2-16 November, 1-3.30pm.

\$60 / \$48 + \$40 all materials.

### FESTIVE GERMAN COOKING

Christa Kaltenbrunn-Long, Heidi Kaltenbrunn CB6

Lebkuchen are spiced with ginger. Hildabroetchen is a scrumptious Christmas biscuit from an old family recipe. Heidi and Christa will show how to make both. Enjoy a taste, take home the recipe and learn some German along the way. Come for an immensely enjoyable morning.

**For German-speakers:** Saturday 4 November, 10am-12.30pm.

**English speakers:** Saturday 11 November, 10am-12.30pm.

\$20 / \$16 plus \$4 ingredients.

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**TONE & PERSPECTIVE - Rosy Poyser CB7**

Play with the idea of distance. Use subtle tones to convey it. Rosy will show you how, then you'll try watercolour studies – shades of blue to take you from the mountains to the sea; sepia tones for a stack of books or a suitcase; and shades of black and white for a chiaroscuro effect. Rosy is an accomplished artist and tutor; you'll learn a lot as you enjoy the experience. Do bring an apron.

3 Saturdays, 4 – 18 November, 1-3pm.

\$48 / \$38 + \$10 all materials.

**MINI CHRISTMAS PUDDINGS**

Sandra Bantoft CB8

Petits fours made with fruits and rich choc: simple, no-cook, ah-inspiring gifts. You'll make about 30 to take home, if they get that far (bring a flat container). These classes always book out early, so be quick.

Either Thursday 9 OR 23 November, 10am-12noon.

\$16 / \$13 conc. + things to bring.

**HAND-PAINTED POTS**

Lynn Christison CB9

You might have seen Lynn's gorgeously bright painted pots. Now she'll help you decorate your own. Use bright cheerful colours



or soft pastels to paint geometric shapes, gay stripes, stylised birds or flowers. Then seal the surface and pot them up with succulents to make happy gifts.

2 Mondays, 13 & 20 November, 10am-12noon.

\$16 / \$13 + \$8 materials includes 1 pot (+ \$5 per extra pot or bring your own (clean please).

**MANDALA STONE PAINTING**

Leisa Antonio CB10

Learn more of the mystery of mandalas as you hand-print your design onto a stone using acrylic paints. Leave with an intricate colourful design that has a special meaning. A unique garden piece!

Thursday 23 November, 9.30am-12noon.

\$20 / \$16 + \$7.50 all materials.

**MOSS BALLS**

Lynn Christison CB11

Kokedama or moss balls are pretty hanging string gardens, small balls of wrapped peat in which tiny gardens grow. Lynn will show you how to create them, so prepare to get wet and messy. See some at Glyde-In.

Monday 27 November, 10am-12noon.

\$16 / \$13 (+ \$5 per moss ball, pay tutor on the day).

**LANGUAGES**

Ongoing students need to re-book; newcomers are welcome if space permits.

**SPANISH Beginners, Term 4 - Ruperto Nunez Code DL1**

Our course continues for the advancing beginner, a lively Spanish journey with Ruperto.

10 Tuesdays, 10 October – 12 December, 11.30am-1.30pm.

\$160 / \$128

**SPANISH Beginners, Year 2 - Ruperto Nunez DL2**

We're almost through our second year of Spanish conversation and grammar.

10 Tuesdays, 10 October – 12 December, 2-4pm. \$160 / \$128

**SPANISH Intermediate - Ruperto Nunez DL3**

In this continuing Spanish-language group, newcomers will need a good grasp of Spanish.

10 Tuesdays, 10 October – 12 December, 9-11am. \$160 / \$128

**ITALIAN Beginners, Term 2**

Barbara Bechter DL4

Buongiorno! Students continue to learn the basics of colourful Italian and Italian culture. Newcomers are welcome.

8 Wednesdays, 25 October – 13 December, 2-3.30pm.

\$96 / \$77 (+ \$4 materials)

**ITALIAN Beginners, Term 6**

Barbara Bechter DL5

Buongiorno ragazzi! Students continue to discover more secrets of colourful Italian, 14 months on. Newcomers with some basic Italian are welcome.

8 Wednesdays, 25 October – 13 December, 12.15-1.45pm.

\$96 / \$77 (+ \$4 materials)

**ITALIAN Ongoing - Millie Kursar DL6**

Students continue their relaxed course learning the rudiments of Italian conversation and grammar. Newcomers who have elementary Italian are welcome. Not for complete beginners.

7 Wednesdays, 18 October – 29 November, 10.30am-12noon.

\$84 / \$67

**FRENCH Ongoing**

Millie Kursar DL7

Students continue to learn the essential elements of French conversation with some grammatical underpinnings. Newcomers with some elementary French are welcome.

Not suitable for complete beginners.

7 Tuesdays, 17 October – 28 November, 10.30am-12noon.

\$84 / \$67

**FRENCH Beginners, Term 3**

Paddy Glasgow DL8

Now in its third term, our friendly French class continues.

6 Wednesdays, 25 October – 29 November,

11.30am-12.30pm. \$48 / \$38

**FRENCH Beginners, Term 6 - Paddy Glasgow DL9**

Students continue to take their French adventure seriously with a book that guides them step by step through grammar and conversation, all in French.

6 Wednesdays, 25 October – 29 November, 2.30-3.30pm.

\$48 / \$38

**FRENCH, More advanced - Paddy Glasgow DL10**

This class has been going so long it feels like a family afternoon tea. Students with a good grasp of grammar and conversation who want to improve fluency are welcome. Songs, conversation, current affairs, jokes and recipes make up this class.

6 Thursdays, 26 October – 30 November, 1-3pm. \$96 / \$77

**FRENCH on FRIDAY, Continued**

Millie Kursar DL11

Our French students continue their learning, heading into Term 4. Newcomers with some elementary French are welcome, but this is not for complete beginners.

9 Fridays, 20 October – 15 December, 10.30am-12noon.

\$108 / \$86

**GERMAN, Beginners Term 4**

Christa Kaltenbrunn-Long DL12

This beginners' course continues with German born Christa as the foundations of a new language take shape.

10 Mondays, 9 October – 11 December, 12noon-1.30pm.

\$120 / \$108

**GERMAN Ongoing**

Paddy Glasgow DL13

This class sings, talks and reads about German family life in a text that introduces different grammatical points in each chapter; fluency is growing. Newcomers need good basic German.

6 Wednesdays, 25 October – 29 November, 1-2pm. \$48 / \$38

## OUT 'N ABOUT

Bus outings depart from the EF Football Club car park, Moss/Marmion Streets (Marmion Street end) where there's ample parking. The bus departs right on the dot. If at the last moment you find you can't attend, please phone Glenda Burns 0407 416813 or Mary Watson 0417 250345.

Some outings involve walking, occasionally on uneven surfaces. If you need assistance walking, please consider enrolling a friend, as we cannot offer constant help on the day. And as our bus has space for only two walking frames, please book a place for it on enrolling.

### REPLENISHING OUR GROUNDWATER Code EO1

**Bus trip:** Beenyup waste water treatment plant in Craigie is home to the country's first scheme to recycle sewage for drinking water. Learn about the treatment of waste water and the water recycling processes that inject billions of litres of wastewater into the Gnangara aquifer. Lunch later at Hillarys Boat Harbour (own cost). Please wear flat closed-in shoes, hat, long sleeves and pants, and take sunscreen. Bus departs 9am sharp.

Tuesday 10 October, 9am to approx. 2.30pm. \$30 / \$24.

### BODHINYANA MONASTERY EO2

Bus trip to Serpentine. A Buddhist monk's life is simple and virtuous; he seeks inner peace and the light of wisdom. His day revolves around meditation, study and a single meal. Join our privileged visit to the Bodhinyana Monastery where 17 monks live in 242 acres of tranquillity. Partake of a blessing, a simple meal, a talk. Bus departs 9am sharp. Please dress appropriately, and be prepared to remove shoes indoors.

Friday 13 October, 9am to approx. 2.30pm. \$30 / \$24.

### ALCOA'S HUNTLY MINE EO3

**Bus trip:** Visit the world's largest bauxite mine, an hour's drive south near Dwellingup. Huntly Mine supplies 23m tonnes of bauxite ore each year to Alcoa's Pinjarra and Kwinana refineries. Take a tour of the mine and rehabilitation operations before lunch nearby (own cost). Wear closed-in shoes. Bus departs 8.30am sharp.

Friday 20 October, 8.30am to approx. 4pm. \$34 / \$27.

### SWAN VALLEY/GUILDFORD EO4

**Bus trip:** Visit the Swan Valley with historian Anthony Albarn. We'll start with hot scones at Ascot, then explore Guildford's colourful colonial heritage before a vineyard lunch in the valley (included). Bus departs 8.30am sharp.

Thursday 26 October, 8.30am to approx. 4.30pm.

\$76 / \$61.

### OUR WETLANDS

Denise Crosbie EO5

**Bus trip:** Bibra Lake is part of the Beelihar Wetlands, our suburban jewel. Visit the Cockburn Wetlands Education Centre, and take a short (900m return) walk to the Narma Kullarck floating boardwalk to discover where birds and animals feed, breed and rest. Learn about the plants and animals dependent on this wetland, then enjoy morning tea with views over the water. We'll lunch at the Mount Henry Tavern (own cost).

Bus departs 9.30am, please wear closed-in shoes, hat, sunscreen.

Wednesday 1 November, 9.30am to approx. 2.30pm. \$42 / \$35.

### WALKING TOUR, PERTH

Anthony Albarn EO6

Discover the city on foot through its colourful history. Wander through the old Law Courts, Stirling Gardens, Government House Gardens, Town Hall, St Georges Cathedral with our historian guide. Breaks and sandwich lunch included, wear comfy shoes and prepare for leisurely walking. Meet 9.20am at Citiplace Centre, upstairs, Perth Train Station.

Wednesday 8 November, 9.30am to approx. 3.30pm. \$35.

### DERBAL YERRIGAN CRUISE EO7

A privileged small-ferry cruise to explore the culture and history of the Whadjuk people of the Derbal Yerrigan (Swan River). Meet your guide from the Aboriginal-owned and operated Indigenous Experiences Australia, at Elizabeth Quay (Gumap) near the south Perth ferry, 9.45am for a 10am start.

Tuesday 14 November, 9.45am-12noon. \$55.

### GARDEN ISLAND EO8

Bus trip, back by popular request. Board our bus for HMAS Stirling Base and Garden Island. Take a guided windscreen tour of the naval base's security areas, then visit more of this beautiful island before lunch in Rockingham (at own expense). Bus departs at 9.30am sharp.

Tuesday 21 November, 9.30am to approx. 3pm.

\$33 / \$26 conc.

### MANDURAH DOLPHIN CRUISE EO9

**Bus trip:** Be driven down and take a boat cruise through the Mandurah waterway to the Creery Wetlands wildlife reserve where pods of local dolphins often join the boat. Coffee on the foreshore on arrival (not included), then a 1.5 hour cruise with a fish'n chip lunch on board (included) before our return. Our bus departs 10am sharp.

Wednesday 29 November, 10am to approx. 4pm.

\$66 / \$60 conc.

## CULTURE CLUB

Meet others and enjoy wonderful entertainment. For each, meet Gloria Lorenz at the venue well before curtain up to collect your ticket; **look for the Glyde-In sign** (sorry, we can't wait if you're late). Bookings are essential. For all events linger over lunch or coffee afterwards if you wish (at own cost). Public transport is easiest. Most venues have street meter parking, so allow time. There is no late entry for any performances.

### LI-WEI QIN PLAYS SAINT-SAENS

WASO Code FC1

**Booking deadline Sunday 8 October.**

Chinese-born Australian cello virtuosi Li-Wei Qin and Scottish conductor Douglas Boyd bring to Perth Saint-Saens' stormy, mercurial First Cello Concerto. You'll also hear Vaughan William's sublime Fifth Symphony. Collect your tickets at the box office, Perth Concert Hall (look for the Glyde-In sign).

Thursday 12 October, 11am-12noon. \$34.

### ASHER FISCH CONDUCTS SCHUMANN

WASO FC2

**Booking deadline Friday 27 October**

Asher Fisch has a rare affinity for Schumann's symphonies, and this performance of Symphony No. 4 under his baton is a very special event. Szymanowsky's Concert Overture is lush and radiant. Collect your tickets at the box office, Perth Concert Hall (look for the Glyde-In sign).

Thursday 16 November, 11am-12noon. \$34

### THE RAILWAY CHILDREN

Harbour Theatre FC3

**Booking deadline Wed 1 November.**

The much-loved story of Bobbie, Peter and Phyllis, the children whose lives change dramatically when their father is mysteriously taken away. They move to a cottage in rural Yorkshire with their mother where they befriend the local railway porter and embark on a magical journey of discovery, friendship and adventure. Collect your ticket 1.30-1.45pm, foyer, Camelot Theatre, 16 Lochee Street Mosman Park.

Sunday 10 December, 2-5pm. \$25.

Our classes are small and friendly and our tutors are patient. Our 6 in-house PCs use Win 8.1 and 10. Our courses often suit laptops, iPad and Android tablet users too; just ask if it's not clear. You can bring your own fully-charged laptop or device if you wish

## PHOTO CHAOS for Macs or PCs - Craig Johns

Get that photo off the camera, tablet or phone and onto your computer, or vice versa, and into a safe storage device. Get your photos into one place on the computer and make them easier to find again and ready to later edit, make a movie or a glossy photo book online. Bring camera, phone, tablet, laptop, charger, spare batteries & USB cables, and any old prints or slides. If you bring your own desktop or laptop, please arrive 30 minutes early to set up. Note, one course is just for Macs, one for PCs. Mac users will need to bring their own Mac Computers.

For PCs: 3 Tuesdays, 10 – 24 October, 10am-12noon.

\$48 / \$38 Code GC1

For Macs: 3 Tuesdays, 10 – 24 October, 1.30-3.30pm.

\$48 / \$38 Code GC2

## LINUX, the free computing alternative

Warren Kimble GC3

If you still use Windows XP or are wary about the way Microsoft collects your information, you could install Linux, a completely free and safer operating system that does all you need and more. Warren is convinced, and will introduce you to it.

Basic computer skills required.

4 Wednesdays, 11 October – 1 November, 1-3pm. \$64 / \$51

## SET UP YOUR FREE WEBSITE

Lorenz Wuthrich GC4

In simple steps you will learn how to set up your free website using the latest technology. Bring along your text, pictures and aims of your website and we will set it up in four sessions. You need to have access to an email address. This will all be done online using our PC, or you can bring your laptop, Mac or PC, and connect via wifi.

4 Thursdays, 12 October to 9 November (excl 19 / 10), 9-11am.

\$64 / \$51

## START YOUR ONLINE SERVICE

Lorenz Wuthrich GC5

You have a solid idea for an online service and are ready to start. Learn how to set up your site and attract interest. Whether you have a service or a product, first discover to create an appealing presence, then set about aligning your product with the right people. Note: You'll need a product or service and be ready to start.

4 Thursdays, 12 October to 9 November (excl.19/10), 12-2pm.

\$64 / \$51

## iPAD FOR SMARTER TRAVEL - Isobel Pearson GC6

Start managing your iPad storage so it doesn't fill with photos and videos, especially whilst you're on holiday. Learn to use iCloud and other Cloud storage to stay uncluttered. Be phone-and-video-call savvy; keep in touch at home and abroad at little or no cost. Check out local currencies, and keep a daily holiday record and photos in a personal travel blog.

3 Fridays, 27 October – 10 November, 1-2.30pm. \$36 / \$29

## CLEAN UP YOUR PC

Craig Johns GC7

Most computers speed up when you spring clean them. All PCs slow considerably as you download or install more apps. Learn to back up your PC, find out where the dross collects and clear it out. Turn off unused features, empty the recycle bin, un-install apps you don't need. Note, not for complete beginners. Windows PC's only.

3 Tuesdays, 31 October – 14 November, 10am-12noon.

\$48 / \$38

## SECURE & PRIVATE

Craig Johns GC8

Protect yourself. Know how to spot good and bad websites, and learn when it's ok to press Yes. Keep your personal data private and create strong passwords. Check for bugs, start a scan, and spot signs of infection. Keep private while you're out in public, and travelling with vulnerable devices. For Windows and Android operating systems, laptops and tablets. There's valuable advice for Apple users here too, bring your Mac.

3 Tuesdays, 31 October – 14 November, 1.30-3.30pm.

\$48 / \$38

## LP to CD, & other music wonders

Warren Kimble GC9

Long to hear your favourite old music stored in the garage on LPs, EPs, 45s, 78s or cassettes? Turn them into CDs or add them to your digital music library. You'll learn how, then how to edit your tracks, get rid of the crackles, and find details of the originals from the internet, etc. We'll use Nero Wave Editor and Audacity, free software. Discover other programs that work too, some free. Bring your laptop if you like. Some computer experience necessary.

4 Wednesdays, 8 – 29 November, 1-3pm. \$64 / \$51

## Boost Your Online Presence

Lorenz Wuthrich

If you have an existing online sales point, Lorenz reckons he can help expand your business. Most important, he suggests, is the knowledge that you have the right product at the right price, aimed at the right people. He has ideas to help you ensure it. Whether you offer a service or a product, this could increase the activity on your site.

2 Thursdays, 16 & 23 November, 9-11am.

\$32 / \$26 GC10

## WINDOWS 10

Craig Johns GC11

We'll help you become familiar with Win10 and show you some advanced tips. Learn to control the interactive browser App called Edge, Creators Update and Sharing Apps. Your PC is a tool to be enjoyed. We'll look at what the big 2018 update might mean too. Basic computer skills required. Bring your laptop or use our desktop PC. Sorry, no tablets or phones.

4 Tuesdays, 21 November – 12 December, 10am-12noon.

\$64 / \$52

## THE CLOUD for Windows Outlook.com

Craig Johns GC12

The Cloud; what and where is it, and how do you best use it? There are many versions, and one for Microsoft Outlook users. With it you can choose to share documents, news, photos and videos online with one person or several. And as well as the cloud and email, Outlook.com offers free software for Word, Excel and Calendars. The more you know, the safer you are.

2 Tuesdays, 21 & 28 November, 1.30-3.30pm.

\$32 / \$26

## THE CLOUD, Google Gmail.com

Craig Johns GC13

The Cloud; what and where is it, and how do you best use it? There are many versions, and one for Google Gmail users. With it you can choose to share documents, news, photos and videos online with one person or several. And as well as the cloud and email, gmail.com offers free software and the capacity to convert a PDF to editable Word, free. The more you know, the safer you are.

2 Tuesdays, 5 & 12 December, 1.30-3.30pm. \$32 / \$26

## YOU'RE INVITED... Regular groups

**Glyde-In groups for members:** Phone the group convener for more information. If no phone is listed just come along. Most simply share the cost of room hire (\$20 per hour).

**Privately run activities:** Please phone the conveners. Glyde-In does not take these bookings and does not necessarily endorse these services.

**BOOK CLUB:** 2nd Monday/month, 3.45-5.45pm. Books not provided, all welcome. Jill Brown, 0433402401 or Glyde-In 93393964.

**BUSHWALKERS:** Our bushwalking group hikes on the 3rd Saturday of the month. For info phone Kandy James, 93396374.

**CHESS:** Mondays 1-3pm including holidays, \$5 per session. Join our social non-competitive group. Marg Dewar 9319.8358

**COMMUNITY QUILTING:** 2nd Thursday/month, 3.45-5.45pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405124618, Penny 0400044835.

**CYCLING GROUPS:** Monday and Wednesday mornings. Gordon Whitmore 0418957151 for Monday group, Marilyn Carosella 0407082038 for Wed.

**FRIDAY RIDERS:** departs Left Bank café Fridays, 8am. For members able to cruise at 20kms/hour. Gordon MacNish 0419858960.

**GLYDE-IN SONGSTERS:** with Digby Hill. All welcome to sing folk, early mediaeval, African etc. Tuesdays from 10 Oct, 4-6pm; \$12 / session. Just come along.

**MAHJONG:** For experienced players. Monday & Friday afternoons, Denise Versteeg 93192368. Thursday morning, Maureen Hislop 94941451.

**MAKING MUSIC:** Bring your acoustic instrument and join our small friendly music group. Every 2nd Tuesday from 10 Oct, 1.45-3.45pm. Lis Cooney 93851759 or Andrew Monka 0407761292.

**SCRABBLE:** Wednesdays, 9.30-12noon from 11 Oct. All welcome, \$5 each + \$1 morning cuppa.

**THURSDAY WALKERS:** weekly, 8am sharp from Glyde-In for an hour's brisk walk then coffee.

**COMMUNITY HU CHANT:** "The person singing Hu tunes in to a higher spiritual awareness" - Harold Klemp, "HU The Most Beautiful Prayer". 7:30pm, 4th Thurs/month, gold coin. Enquiries 0408957514.

**FELDENKRAIS:** Continuing blocks of 6 Sundays, 5.30-6.30pm, \$25/session. Elwyn Edwards 93815826 or 0417954633.

**MUSIC & VOICE healing circle:** Tracey's vocals and guitar will move you to dance, have fun and release stress. 2nd Mon/month from 2 October, 7-8pm. All welcome, 0416242039, \$25.

**PROSTATE CANCER SUPPORT FOUNDATION:** 3rd Mon / month, 7.15-9pm. Information and support for men with prostate cancer, their families and partners. Margaret Amm, 0419195549.

**QUAKERS (Religious Society of Friends):** All welcome to our mainly silent meetings for worship, Sundays, 10-11am.

**STEP INTO LIFE COACHING:** 4 Sats, 7-28 Oct, 9.30-11.30am. Learn personal resilience, assertiveness & difficult conversations, mindfulness, goal setting. \$80. Martin Keiley 0452508885 or [Hello@stepintolifecoaching.com.au](mailto>Hello@stepintolifecoaching.com.au).

**SVAROOPA YOGA**® Thursdays, 6.30-8pm. This less-active yoga is very nurturing, and participants receive a lot of personal attention. Based on core release and spinal decompression resulting in pain relief, it is suitable for all levels. \$150/term or \$20 casual first session. Phone Mimi 0407927259.

**YOGA HATHA FLOW:** Sundays, 4-5pm from 1 Oct. Move with ease and grace, create strength, flexibility and encourage lymph flow. All welcome, Shawn Abrahams 0425712583. \$10 per class.

**TWIN HEARTS MEDITATION:** Wednesdays, 6.30-7.30pm. A guided meditation to bless humanity, the earth and loved ones with peace, joy, healing, reconciliation. All welcome, Jan Duckett, 0419947941. By donation.

## A word from the Chair

Here is a summary of my report to our September AGM:

After last year's AGM the Mayor suggested we look at the *Town of East Fremantle draft Recreation and Community Facilities Plan*. It recommended building a community Hub and suggested Glyde-In could be moved there.

Many members wrote to the Town saying in essence 'we like Glyde-In where it is and please don't move it'.

In November the Mayor assured us that the draft was "a draft" and if it were to go ahead it would take 5-10 years.

Meanwhile, back at No. 42 .. Our new art shed will be twice the size of the current one. Funding permitting, it will be ready mid-January. We will fund half while the Town is helping with 25% and we have applied to Lotterywest for the remainder. I thank all those involved in the planning, particularly architect Gerard McGann.

Many good things happened at Glyde-In this year. Our second Summer School was a winner with 388 enrolments. Our term programmes offered 231 activities, with 3995 enrolments by 837 people.

This year we updated our strategic plan. In preparation we surveyed our membership and about half of our members provided helpful ideas and comments.

I acknowledge the Town of East Fremantle. They lease this

property to us, they provide a generous grant and they are helping financially and in other ways with the Art Shed.

Thank you to all our regular tutors for the long hours of preparation and presentation of their classes, and to our many speakers. Thank you to the volunteers who run our book club, chess, mah-jong, scrabble, songsters, making music, walking and cycling groups.

Thank you Gloria Lorenz for our Culture Club. Thank you Mary Watson, Glenda Burns and John Cardew for another year of looking after our Out 'n About groups. Thank you Sue Luke who makes great preserves and marmalades for sale and helps as a volunteer in the office.

Thank you to Garden Gnomes; Jan, Lynn, Jono, Ann & John, Win, Lee and Kay.

Thank you to the Management Committee for such enthusiasm. I especially thank retiring members Alan, Ali, Linley, Jane, Glenda and Rosemary.

Lastly, I thank our staff; coordinator Ann, staff Sandra and Marnie and book keeper Joanna, for their dedication, helpfulness and cheerfulness. We are fortunate and I have enjoyed working with them.

Chair,  
Gordon Mac Nish

## WHO WE ARE

Glyde-In Community Learning Centre began in 1981. It offers courses, talks and activities that we hope will enrich members' enjoyment and knowledge, and foster a healthy community life. We aim to be a source of learning that doesn't cost the earth, that doesn't need prior knowledge or qualifications, and asks only a small commitment of time. Our courses are non-competitive and informal. Tutors are from all walks of life, and we welcome more. We generate much of our funding through membership and course fees, and are supported greatly by the Town of East Fremantle, which provides our building and very substantial funding. We appreciate their support. Glyde-In is a non-profit organisation managed by a volunteer Management Committee. Volunteers play a significant role in the work of the Centre. Membership is a requirement for those who undertake more than a single one-day course or event per year.

### ROOM HIRE

Our comfortable rooms and our facilities are available for group hire. Availability, however, is limited mainly to evenings and weekends. Rooms cost \$20/hour for groups initiated and run by Glyde-In members, \$23 for non-profit groups not affiliated directly with us, and \$30 otherwise. Groups charging entry require their own public liability insurance. Please phone us for details of availability.

### HOW TO ENROL

Enrolments begin on Wednesday 4th October, 8.30am-3pm (online from 10am) and continue throughout the term, spaces permitting.

Postal enrolments will be processed from 10am on the 4th, so to be sure of your place it's wise to come in person, or have someone come and enrol for you. If you post it in, and you require a receipt or a list of materials or information, be sure to include a self-addressed stamped envelope.

Sorry, no phone enrolments on or before enrolment day.

Consider yourself enrolled unless you hear otherwise.

Please choose carefully – refunds or credits are not issued if you cancel after the first week of term. However, if you can't attend, you're welcome to transfer your booking to another person – just let us know if you do.

We appreciate notification if you are not able to attend.

### MEMBERSHIP

12 months \$35 / \$30 concession, or \$20 East Fremantle resident. Concession is for holders of a Pension or Health Care Card (not Seniors' HCC) or DVA Gold Card. Membership is not required if you enrol in one 1-day activity over the entire year. For all other enrolments, membership is required. You don't have to be an East Fremantle resident – everybody is welcome.

## ENROLMENT FORM - Membership is required unless you are booking only for a one-day activity over a full year.

Title	Ms / Mrs / Mr	First name		Last name	
Phone		Mobile		Emergency no.	

Please choose your course or activity carefully. Sorry no credits or refunds if you withdraw after week 1.

\*\*\*PLEASE ONLY COMPLETE ADDRESS & EMAIL DETAILS IF THEY HAVE CHANGED OR IF THIS IS A NEW MEMBERSHIP.

Address				
Suburb		Postcode		
Email		Programme to be	<input type="checkbox"/> Emailed	<input type="checkbox"/> Posted

\*Please tell us of any special needs you have .....

**MEMBERSHIP** (Please tick)  \$35 full  \$30 Pension or Health Care Card (HCC) or DVA N° ..... OFFICE USE ONLY:  
 \$20 East Fremantle resident

New  Renewal  Current  Non-member (only for a single event over a year) \$ .....

Code No.	COURSE / TALK / EVENT	Start date / time	Course fee
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
<b>PAYMENT</b> <input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Card			<b>TOTAL Inc. membership</b> \$ .....

Sorry, no eftpos. Visa or Mastercard only.

Please fill in card details only if enrolling by post.

Visa  Mastercard  
 Expiry ...../..... Signature .....  
 CVV\* ..... \*CVV is the last 3 digits on back of your credit card